

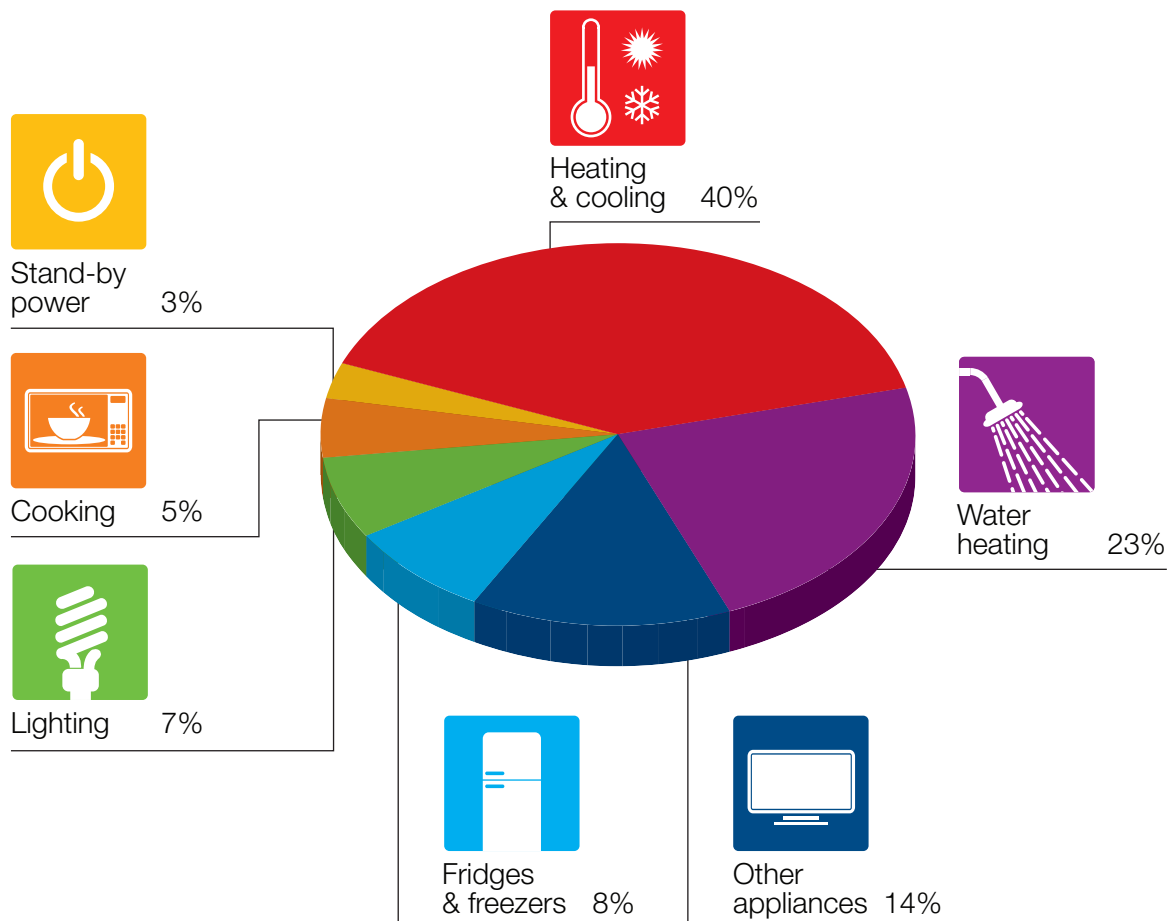
A visual guide to saving energy at home

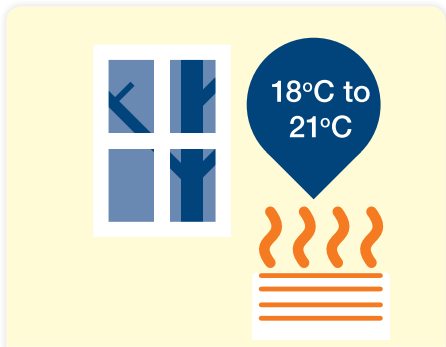
Energy saving advice to help you save money

What uses energy in the home?

When saving energy, start by focusing on the typical largest energy users.

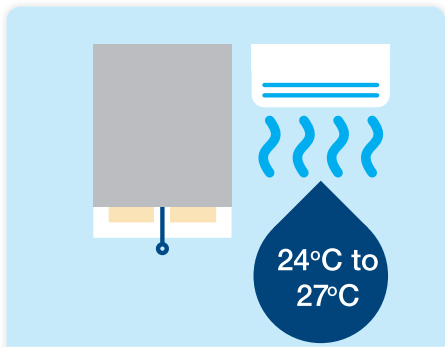
Based on the Residential Energy Baseline Study, 2015.





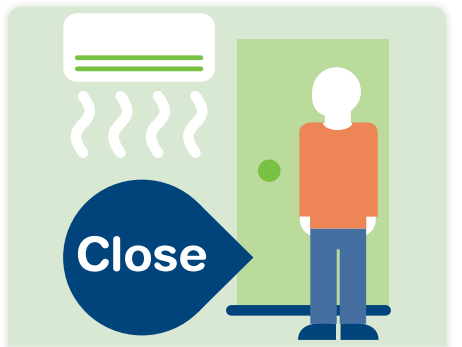
Heating

In winter, set your heater between 18°C and 21°C. Let the sun shine in windows. Close curtains at night.



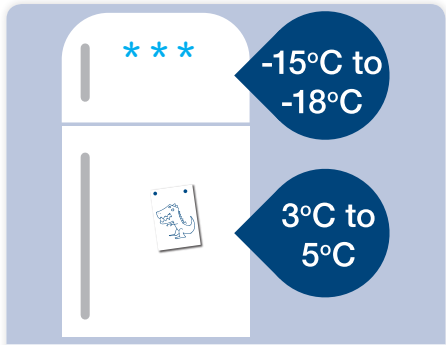
Cooling

In summer, set your air conditioner between 24°C and 27°C. Shade windows during the day.



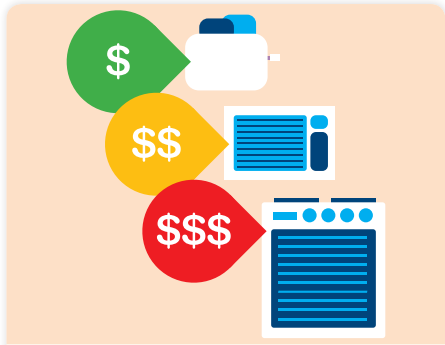
Close doors

Only heat or cool rooms that are being used.



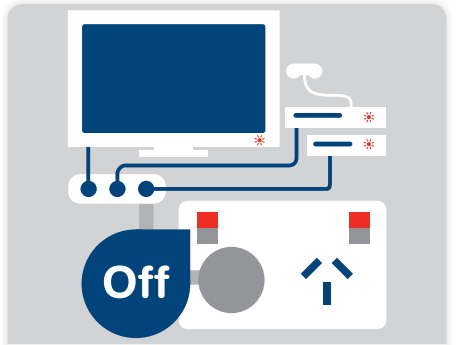
Fridges and freezers

Set freezers between -15°C and -18°C. Set fridges between 3°C and 5°C.



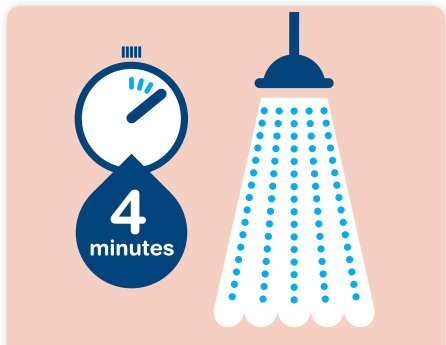
Cooking

Use smaller kitchen appliances when you can — for example, use the microwave instead of the oven.



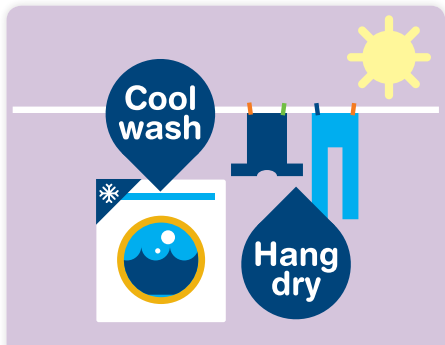
Stand-by power

Turn off TVs and computers at the wall when not in use.



Hot water

Take showers of 4 minutes or less.



Washing clothes

Wash clothes in cold water. Dry clothes on a clothesline.



Lighting

Turn off lights when you leave the room.

Contact the Energy Advisory Service for free energy saving advice

Online: sa.gov.au/energy
Email: energyadvice@sa.gov.au
Phone: 8204 1888 or 1800 671 907 (free call from fixed lines)
Interpreting or translation assistance is available on request.



Government of South Australia